

Research shows us that for people to have their best level of recovery after a stroke or other injury, intensive inpatient rehabilitation works best.

Benefits of the IDART program:

- Receive individual assessment from a team of dedicated health care providers who will co-ordinate your care and help you achieve your best results.
- Create goals with you to help you gain more control over your life.
- You will work intensely on therapy with the team for several hours each day.
- You will move more quickly to the next phase of rehabilitation, either at home or with another VCH rehabilitation program.



IDART PROGRAM (Inpatient Direct Access Rehabilitation program)



For more copies, go online at <http://vch.eduhealth.ca> or email pchem@vch.ca and quote Catalogue No. **EE.100.L56**
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The information in this document is intended solely for the person to whom it was given by the health care team.

www.vch.ca

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Who is on the IDART Team?

The IDART team members are health professionals who co-ordinate your rehabilitation care with you, to help you reach your goals. The team all work together but each person also has specialized skills including:

Physiatrist

Your physiatrist is the physician who makes sure you are medically ready to participate in the intense therapy provided. They will follow your progress in the IDART program.

Occupational Therapist (OT)

OTs teach you the activities of everyday life (e.g. dressing, bathing), as well as memory and thinking skills. They will also make sure you have the right equipment so you can function safely at home and be as independent as possible.

Physiotherapist (PT)

PTs teach you exercises and provide you with activities to improve your balance, how you walk and your coordination.

Speech-Language Pathologist (SLP)

SLPs work with you to improve your communication and swallowing abilities. This includes improving your ability to express yourself, by whatever means possible, and to eat and drink safely.

Social Worker (SW)

SWs are skilled counsellors, who can assist you and your loved ones by offering emotional support. They can help you to adjust to your diagnosis and hospitalization. They can provide practical support by offering financial, legal, and community resources). They may also coordinate team meetings as needed.

Nurse (RN)

Nurses will help you with maintaining your skin care, bathing, toileting, pain management and becoming independent with taking your medications.

Rehabilitation Assistant (RA)

Your RA is a skilled assistant that will practice skills with you so you can reach your goals faster.

What should I expect in the IDART Program

- You should expect to get ready by 9:00 am each day for your therapy appointments by having breakfast, going to the bathroom and sitting out of bed.
- You will set goals with the team, and we will review them often. We will involve your family where possible.
- You can expect to spend 2–3 hours each day in therapy. The therapy team will also give you extra ideas to work on therapy on your own or with your family.
- You will usually be brought to the rehabilitation gym (5th floor) for therapy twice per day.

Tips for success

- It is helpful to bring some comfortable clothes and shoes from home so you can practice getting dressed..
- The therapists monitor your progress. You and your team will decide together when you will progress to the next stage of your rehabilitation. You can ask us about your progress and how we measure it!